LUNCH RUSH
YALETOWN EATERY GOES NOUVEAU CANADIAN {page 14}

DESPERATE NO MORE
IT'S THE END OF THE ROAD FOR WISTERIA LANE {page 9}

ANISTON, BOYFRIEND LIVE IT UP IN HAWAII {page 10}

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VANCOUVER metro®
Tuesday, August 9, 2011
www.metronews.ca
News worth sharing.

YVR. Contest

▶ Jaeger Mah, winner of the Live@YVR contest, at Vancouver International Airport yesterday.

MATT KIELTYKA/METRO

Winner set to make himself at home

Jaeger Mah of Vancouver Island will soon know the Vancouver International Airport intimately. He doesn't really have a choice. As the winner of Live@YVR, Mah will live at the airport for 80 days, documenting daily life there and blogging about his adventures. The contest is part of the airport's 80th-birthday celebration. Story, page 3.

You've got crabs

B.C. adopts e-card service to advise partners they may have STI ◐ Anonymous service designed to make notifications easier

Looking for a way to tell that special someone they may have contracted a sexually transmitted infection?

Say it with an e-card.

The B.C. Centre for Disease Control launched inSPOT yesterday, an online notification service for people diagnosed with an STI.

BCCDC's Dr. Mark Gilbert says the e-cards — ranging from serious notifications to humorous messages like "I got screwed while screwing, you might have too" — are designed to make the process of telling a partner they may be at risk less intimidating.

"It's heavy news to give someone no matter how they receive it," he said. "It's not easy, but inSPOT can be a convenient and easy way to notify a partner if you're not comfortable using other methods."

Although the service was just launched in B.C., inSPOT has been operating since 2004 in the U.S. and some other Canadian cities.

HANDOUT

▶ A sample e-card.

The e-cards also help people connect with local testing sites and clinics and provide access to public-health information.

The cards can be sent to up to six partners at a time and can be sent anonymously.

Gilbert stressed the service is just one available option.

Physicians still encourage people to tell their partners about possible infections either directly or through a health-care provider.

The service is now online at inspot.org. ● MATT KIELTYKA

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Tory takes aim at NDP equity policy

B.C. Conservative Party Leader John Cummins criticized the B.C. NDP's equity policy as "anti-democratic," arguing it excludes some people from joining the political process.

Maple Ridge Coun. Craig Speirs won't be able to seek a nomination to replace NDP MLA Michael Sather, who will not be running in the next election. The party's rules hold that only women, gay, ethnic, bisexual or transgender candidates are eligible.

"When you put these kinds of restrictions on, you're saying perhaps the best guy doesn't work," said Cummins yesterday.

But B.C. NDP president Moe Sihota said the policy encourages each riding to make sure women and minority groups are reflected in legislature.

PHYLICIA TORREVILLAS

CONTRIBUTED

▶ Dianne Watts

Surrey mayor leaves hospital

Surrey Mayor Dianne Watts, who suffered two fractured vertebrae in a horseback-riding accident last month in the Interior, has been released from hospital. Watts will now begin rehabilitation for her injuries. METRO

MATT KIELTYKA/METRO

▶ Live@YVR winner Jaeger Mah at Vancouver International Airport yesterday.

YVR reporter ready to 'throw on the overalls'

- Mah says he's excited to post stories about the daily life of airport crew
- Not fazed about spending 80 days caught in the midst of travel bustle

MATT KIELTYKA
@METRONEWS.CA

Who knew being grounded could put you on Cloud 9?

That's exactly what happened to Jaeger Mah yesterday, as he was named the winner of the Live@YVR correspondent search.

His reward will be to spend 80 days — starting next week — at Vancouver International Airport, documenting the stories and people around him while being unable to leave Sea Island.

"I honestly felt like I just won the lottery," said the Port Alberni native. "I can relate to people who are coming and going (through the airport) and have been all over the world. I know what it's like to feel the emotions of an airport and only look forward to finding out more stories about these people."

Mah will be in charge of posting daily stories on life at the airport and can't wait to roll up his sleeves.

"What I want to do is work in some of those jobs," he said. "I want to work with the cleanup crews, on the tarmac, in flight control.... Any job that's offered, I'm ready to throw on the overalls."

And while spending 80 days stuck in an airport may seem crazy, Mah isn't looking forward to the day it's time to leave.

"I think it's going to be hard to leave. I'll have put my heart and soul into the work and will have met all these people," he said.

Readers can track Mah's experience at liveatyvr.ca.

1 news

From riding transit to public stigma, Canadians discuss challenges of living with epilepsy. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

It's been a wild ride for markets recently, but investors would be wise not to panic. More at metronews.ca/investing.

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PHYLICIA TORREVILLAS/METRO

▶ Health Minister Mike de Jong, left, and Olympic gold medallist Maëlle Ricker walk along the Seawall yesterday to kickstart the Healthy Families B.C. Walking Challenge.

One step at a time

Gold medallist encourages families to become physically active by joining walking challenge ◐ Healthy habits will slash health-care costs: Minister

The first Canadian woman to win Olympic gold on home soil credits where she grew up for her involvement in sports.

"The whole reason why I got into sport and the reason why I got out of that start gate in a minute and a half was because of the environment I grew up in," Maëlle Ricker said yesterday. "Being in the parks, going for walks, exploring and hiking."

The West Vancouver native is urging British Columbians to get off their couches, start walking and enjoy the natural side of the province.

The Healthy Families B.C. Walking Challenge, which was launched yesterday, aims to encourage people to not only increase physical activity through walking, but also commit to healthy habits.

PHYLICIA TORREVILLAS

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TERRIS SCHNEIDER/FOR METRO

▶ Cars on Dundas Street drive by NPA council hopeful Joe Carangi yesterday.

Politician's pulse races over speedsters

Dangerous speedsters on Dundas Street between Nanaimo and Renfrew have NPA city council candidate Joe Carangi spinning his wheels.

Carangi, who is also a resident of the neighbourhood, is calling for traffic-calming measures to prevent potential tragedies.

"It's going to take someone getting killed for someone to do something," said Carangi.

The busy stretch of road is used by motorists, including commercial vehicles, to avoid heavy traffic near Hastings and McGill.

Vehicles often speed and he said accidents have been reported in the past few years. Carangi said that a few simple things would help, such as adding traffic lights or roundabouts.

TERRIS SCHNEIDER

News in brief

Black bear killed after morning attack

Police shot and killed a mother black bear yesterday after the animal attacked a man who was out for a morning walk with his dogs. The attack took place just after 7 a.m. in Anmore. Police say the bear charged the man and knocked him over, before the driver of a passing vehicle honked his horn and scared the animal away. Police say the victim suffered minor wounds to his head and superficial cuts to his arms. THE CANADIAN PRESS

Richmond man charged in homicide

A Richmond resident with no criminal record has been charged with second-degree murder in connection with Vancouver's sixth homicide of the year. Anthony Blake Cruz was arrested on Friday and made his first court appearance yesterday morning. Jessica Eguia-Cornejo, a Peruvian who had been in the city since mid-2008, was found dead in her apartment in 7400 block of Fraser Street on June 10.

PHYLICIA TORREVILLAS

Children. Refugees

▶ Somali refugees wait to be processed at a UNHCR screening centre yesterday in Dadaab, Kenya.

JEROME DELAY/THE ASSOCIATED PRESS

Somalia's child death toll climbs to staggering heights

The drought and famine in the horn of Africa has killed more than 29,000 children under the age of five in the last 90 days in southern Somalia alone, according to U.S. estimates. The UN says 640,000 Somali children are acutely malnourished, suggesting the death toll will rise.

Maternal death rate quadruples in South Africa: Report

Between 1998-2007, maternal mortality rate leapt from 150 to 625 deaths for each 100,000 live births

One woman waited an hour and a half at the hospital, only to see a nurse who yelled that she was "lying about being in labour." Three hours later, her baby was stillborn. Another woman gave birth on the street, steps from a clinic that turned her away, saying her time had not come.

South Africa's maternal mortality rate has quadrupled while most African countries have improved theirs, according to a scathing report released yesterday by the New York-based Human Rights Watch.

The report says some of the increase — to more than 4,500 maternal deaths a year — could be the result of better reporting and a massive HIV/AIDS rate that has 18 per cent of South Africans infected, some 5.7-million people. But the group says the health indicator also has worsened because of a lack of accountability, corruption and poor health care.

Several other women recalled nurses telling them to "shut up" during labour, saying they had enjoyed the sex that made them pregnant so they should not complain about labour pains.

"All South Africa's good intentions, policies and strategies on paper won't save women's lives without strong accountability systems to make sure policies are carried out," said Agnes Odhiambo, the chief researcher for the HRW project.

South Africa spends the most on health per citizen in sub-Saharan Africa at $748 a year, and has infrastructure and expertise unrivaled on the continent. Maternity care is free, abortion is legal, and there is a system of confidential inquiries to assess levels and causes of maternal deaths.

Yet South Africa, sub-Saharan African's economic powerhouse, has no hope of meeting the UN millennium development goals that require 38 deaths per 100,000 births by 2015.

South African Health Minister Aaron Motsoaledi told reporters he agreed with some findings in the report and that officials are "painfully aware" of the problems. But he added that he has been working for more than two years to lower maternal deaths.

Human Rights Watch interviewed 157 women, many nurses and community caregivers, as well as health officials between August 2010 and April 2011.

THE ASSOCIATED PRESS

Hospital probed

- One hospital is being investigated for 29 baby deaths within a few weeks in January, apparently from a superbug.
- The hospital had no gloves, disinfectant spray, soap or toilet paper.

ANDY WONG/THE ASSOCIATED PRESS

▶ A woman feeds ice cream to a toddler as they take rest at a park in Beijing on Sunday.

China vows to combat sex-selective abortions

China is vowing to strengthen enforcement to prevent sex-selective abortions and close a yawning gender gap in a country that already has tens of millions more boys than girls.

The pledge is in the outline of a plan for childhood development through 2020 but has no specifics. The plan said authorities would increase efforts against the non-medical use of ultrasound tests and abortion of fetuses based on gender.

Spurred by the one-child policy and a traditional preference for boys, sex-selective abortions have created a male-female ratio at birth in China of about 119 males to 100 females, with the gap as high as 130 males for every 100 females in some provinces.

In industrialized countries, the ratio is 107 to 100.

THE ASSOCIATED PRESS

News in brief

Teens charged in laser prank

Five more teens have been charged after Durham regional police in Ontario say a laser was pointed at the cockpit of a police helicopter.

Police say the pilot was not affected in the incident involving Air1 on July 29.

But another member of the air-support unit experienced vision problems.

THE CANADIAN PRESS

Tibetan leader sworn in

A Harvard-trained legal scholar, Lobsang Sangay, was sworn in yesterday as the new head of the Tibetan government-in-exile, taking over from the Dalai Lama as the official leader of his people's fight for freedom.

The Dalai Lama, 76, announced in March he would be giving up his political role as leader of the Tibetan exile movement, though he would remain the spiritual leader of Tibetan Buddhists.

THE ASSOCIATED PRESS

Thailand elects first female PM

Yingluck Shinawatra vowed yesterday to work for national reconciliation as she formally became Thailand's first female prime minister.

THE ASSOCIATED PRESS

THE ASSOCIATED PRESS

Riots spread from London

- Rioters left virtually unchallenged in several neighbourhoods
- Able to plunder from stores at will or attempt to invade homes

DAVID JONES/THE ASSOCIATED PRESS

▶ People try to kick in the window of a jeweller's shop near the Bullring shopping centre in Birmingham, central England, as violence spread outside London yesterday.

A chaotic wave of violence and looting raged across London and spread to three other major British cities, as authorities struggled to contain the country's worst unrest since race riots set the capital ablaze in the 1980s.

In London, groups of young people rampaged for a third straight night, setting buildings, vehicles and garbage dumps alight, looting stores and pelting police officers with bottles and fireworks. The spreading disorder was an unwelcome reminder of London's volatility for leaders organizing the 2012 Summer Olympics in less than a year.

Police called in hundreds of reinforcements — and made a rare decision to deploy armoured vehicles in some of the worst-hit districts — but still struggled to keep pace with the chaos unfolding at flashpoints across London, in the central city of Birmingham, the western city of Bristol and the northwestern city of Liverpool.

The riots appeared to have little unifying cause — though some involved in the violence claimed to be motivated by government cuts to public spending, which will savage welfare payments.

Prime Minister David Cameron cut short his summer vacation in Italy — reversing an earlier decision to continue his break — and headed home for a meeting of the national crisis committee earlier this morning. THE ASSOCIATED PRESS

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Instant. Baguettes

▶ Jean-Louis Hecht displays a baguette from his dispenser in Paris yesterday.

MICHEL EULER/THE ASSOCIATED PRESS

Did we really knead this?

Jean-Louis Hecht, a baker from northeast France, has rolled out a 24-hour automated baguette dispenser that he calls "the bakery of tomorrow." He operates just two machines, one in Paris and the other in the town of Hombourg-Haut next to his own shop. The machines take partially precooked loaves, bakes and ejects them steaming hot within seconds, all for one euro.

Stormy Monday

Markets fall in wake of U.S. credit-rating downgrade

The Toronto stock market tumbled 491.2 points yesterday after the credit-rating downgrade of U.S. government debt served to further dent confidence that global leaders can stem worsening economic conditions.

New York markets fell hard, with the Dow industrials plunging 634.76 points to 10,809.85. Overseas markets also fell sharply, with London's FTSE 100 index down 2.6 per cent, Frankfurt's DAX losing 5.02 per cent and the Paris CAC 40 down 4.68 per cent.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
- 491.21 (11,670.96)	- 1.25¢ (100.92¢ US)
Oil	**Natural gas**
- $5.57 US ($81.31 US)	1,000 cu ft $3.935 US (+ 0.6¢)
	Gold contracts $1,713.20 US (+ $61.40)

Adding to market uncertainty, Standard & Poor's yesterday downgraded the credit ratings of mortgage lenders Fannie Mae and Freddie Mac, which between them own or guarantee half of U.S. mortgages. The move could mean higher mortgage rates.

"The big question mark now is whether you will see behaviour change (among investors and government leaders)," said Norman Raschkowan, a strategist at Mackenzie Financial. "That is what people are concerned about and why you have growing concerns about a double-dip recession."

THE CANADIAN PRESS

News in brief

ERALDO PERES/THE ASSOCIATED PRESS

Brazil open for Canadian trade

LATIN AMERICAN TOUR. Prime Minister Stephen Harper began a four-country tour of Latin America yesterday by announcing agreements with Brazil on air transport, social security, Olympic co-operation and international development aid effectiveness. After meetings in Brasilia with President Dilma Rousseff, pictured above, Harper said the agreements would promote the flow of people, goods and services between the two countries. Canada is seeking bilateral free-trade deals with a number of countries, placing a special emphasis on the nations of Latin America and the Caribbean.

THE CANADIAN PRESS

U.S. is AAA-OK, Obama says

CREDIT CRISIS. President Barack Obama yesterday sought to downplay the lowering of the U.S. credit rating — the first in the nation's history — in an attempt to reassure investors and the public that American leaders need only show more "common sense and compromise" to tame a staggering debt.

Seeking to demonstrate command in a volatile economic climate, Obama said he hoped Friday's decision by Standard & Poor's would at least give Congress a renewed sense of urgency to tackle debt problems. He said that must be done mainly by taking on the politically difficult issues of reforming taxes and entitlement programs. He said most of the world's investors agree the U.S. remains a wise place to put their money. THE ASSOCIATED PRESS

Oil prices in freefall

CRUDE IMPACT. Oil plunged to its lowest price of the year yesterday on concerns about the slowing global economy. Benchmark West Texas Intermediate crude fell $5.57 US, or 6.4 per cent, to settle at $81.31 US a barrel, as traders pulled money out of oil and bought assets considered to be safer, such as U.S. Treasury bills and gold. Oil prices were swept down by a major sell-off across Asian stock markets, followed by falling indices in Europe. Analysts think oil will stay volatile this week as traders keep a sharp eye on the economy and demand. THE ASSOCIATED PRESS

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YOU MAY BE THE ONLY ONE LIST-ENING

SHE SAYS ...

JESSICA NAPIER
METRO

You can learn a lot about a person from the way they list.

Most people limit their list making to the practical — for grocery-store items, guest lists, packing checklists and other routine to-dos.

But I like to think that I take listing to a whole new level.

I'm constantly chronicling the things I love, the things I loathe, daily tasks and goals for the future.

Over the years I've compiled hundreds of lists to organize my thoughts, to catalogue my interests and to archive my life.

I make lists everywhere: on the magnetic notepad on my refrigerator, on napkins at restaurants, on my hand and in my head.

Lists are scrawled in the margins of my travel journals; they clutter up the desktop on my MacBook and often appear in this very column.

"They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will."

Sometimes my lists are incredibly organized — numerical, alphabetical, chronological — but most are completely haphazard and almost entirely illegible.

While checklists are certainly the most sensible form of listing, I prefer to make countdowns. The best brunch places in the city, the worst movies of all time, the most romantic places I've ever been, the books I'd bring to a desert island, favourite ice cream flavours and on and on and on.

After watching High Fidelity, I developed a habit of making Top Five lists in every conceivable category. John Cusack's character's obsession with listing everything from his favourite records to his most memorable breakups really spoke to my affinity for categorization.

Even while writing this, I'm finding it difficult to resist the urge to compile a list of reasons why lists are so remarkable.

They bring order to our lives in the present and act as a reference point for the future.

Lists offer tiny glimpses into our daily routines, our best intentions and our biggest regrets.

They say a picture is worth a thousand words, but a tear-stained bullet-point list titled Reasons to Never Get Back Together with Your Ex tells you a lot more about that relationship than a photograph ever will.

Our lists not only remind us to pick up milk; they tell the stories of who we are and who we want to be. They are perfunctory, ambitious, heartbreaking, scathing, hilarious and, more often than not, they are wonderfully self-indulgent.

Read more of Jessica Napier's columns at metronews.ca/shesays

Panel
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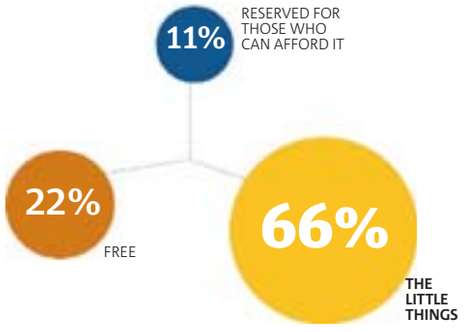
The best things in life are:



Local tweets

- **@kelseysteller:** @deadmau5 WOOH!! #vancouver is gonna party this weekend!
- **@MissLilStamper:** I'm going to Jay Z and Kanye on dec 17 in #vancouver w/ @kentadamson !!! Woot woot! #watchthethrone
- **@taylorjukes:** Angry Cougar still roaming around Squamish! Trails CLOSED: http://ow.ly/5Y6bF #hiking #van
- **@ZaraDurrani:** What a gorgeous day in #vancouver
- **@Meanchef:** Goodmorning twitterworld! Another beautiful day in #vancouver love et!
- **@NHLhistorygirl:** On this date in 2005, #Canucks Tod Bertuzzi was reinstated by the NHL, ending his indefinite suspension for injuring #Avs Steve Moore.
- **@ColinYeo11:** Glad to see my boy Owen Nolan playing for a canadian team. Guys a legend #11 #canucks @NHL
- **@KineticFriction:** @mozy19 I'm ready for hockey again! I'm tired of tweeting about my life, i rather tweet about the #Canucks. =)

Worth Mentioning

8-YEAR-OLD HACKERS. Few things seem more out of place at the DefCon hacker convention than a swarm of kids.

For 18 years, hackers have gathered at DefCon, one of the largest and longest-running conferences of its kind, to share information about breaching and securing computers.

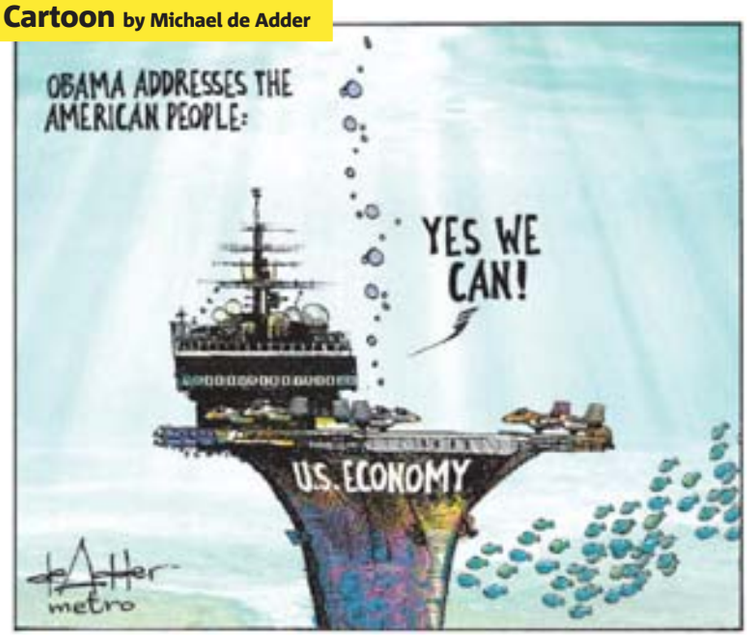
For the first time, DefCon included discussions and tutorials for budding hackers aged eight to 16 years.

One contest covered lock-picking techniques to be used in the event they forget their locker combination. And the kids were encouraged to find security vulnerabilities in popular technologies, from video games to computer hardware.

The emergence of the DefCon kids' conference comes as hackers make headlines around the world. Though the general public often associates hacking with criminality, the engineering culture of the technology mainstream has always embraced people who explore the boundaries of what can be done with computers and other gadgets.

THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Egg-cellent discovery on Alaska coast

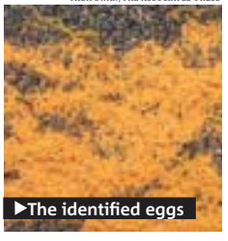
Scientists have identified an orange-coloured gunk that appeared along the shore of a remote Alaska village as millions of microscopic eggs.

But the mystery is not quite solved. Officials with the U.S. National Oceanic and Atmospheric Administration said yesterday they don't know what species the eggs are or if they are toxic.

They have sent samples to a laboratory on the East Coast for further analysis.

The neon orange goo showed up last week on the surface of the water in Kivalina, an Inupiat Eskimo community located at the tip of a 12.8-kilometre barrier reef on Alaska's northwest coast.

MIDA SWAN/THE ASSOCIATED PRESS



▶The identified eggs

Residents live largely off the land, and many are worried about the effect on the local wildlife and plants from a substance never seen there before.

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Word travels fast on Wisteria Lane

Desperate Housewives star Felicity Huffman got news of the show's demise from co-star Marcia Cross Huffman speculates her character may end the series with a divorce

On Sunday, ABC officially confirmed reports that the upcoming season of Desperate Housewives would be its last.

But series star Felicity Huffman got the bad news on Friday — in an e-mail from her co-star Marcia Cross.

Only after that did she get the call from Housewives creator Marc Cherry.

Huffman, who plays frustrated stay-at-home mom Lynette, said she shed a few tears at her kitchen table while consoled by her husband, actor William H. Macy.

Then, she said, their nine-year-old daughter entered the room and set her straight.

"It's OK, mama. You'll work again," she told Huffman.

Desperate Housewives, a sassy prime-time soap opera with an ensemble cast also including Teri Hatcher and Eva Longoria, made a splash when it premiered in 2004 but has since seen a falloff in the ratings and buzz from viewers.

At an ABC press party Sunday night, Huffman said she was sad that Housewives would be ending after eight seasons.

HANDOUT

ABC has officially confirmed the cancellation of Desperate Housewives.

But she's also exhilarated by potential story lines in the show's home stretch. In her mind, the troubled but so-far-enduring marriage of Lynette and Tom (played by Doug Savant) might be on the rocks.

"I think they could get divorced," Huffman proposed with undisguised relish.

"All bets are off. I think it's so great to bust the lid off."

Asked how she plans to cope with relinquishing the role of Lynette, Huffman quoted an old saying about recovering from a broken relationship.

"The only way to get over somebody is to get under somebody," she chuckled.

"I just think it takes another job."

Marcia Cross, who plays neurotic super-homemaker Bree, insisted she hadn't meant to break the news to Huffman in that email.

"Felicity is always on top of everything, while I'm usually four steps behind," explained Cross, who said she was alerted by her manager.

"It didn't occur to me that she didn't already know."

"I was really glad to hear it from you," Huffman told her as they commiserated.

"I thought it was coming and I think it's the right thing," Cross said of the show's demise.

"But I still feel very sad and discombobulated."

THE ASSOCIATED PRESS

"I thought it was coming and I think it's the right thing. But I still feel very sad and discombobulated."
DESPERATE HOUSEWIVES STAR MARCIA CROSS ON THE SHOW'S CANCELLATION

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

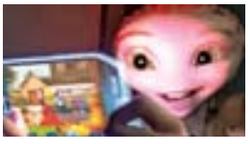
Mars Needs Moms

Genre: Animated
Director: Simon Wells
Stars: Seth Green, Joan Cusack

Despite its way-out theme, there's not going much on in Mars Needs Moms.

Director Simon Wells (The Time Machine) had to answer to producer Robert Zemeckis, who weirdly clings to motion-capture animation, despite a general lack of audience enthusiasm for the unearthly feeling it creates.

Joan Cusack is wasted as the kidnapped mom. So is



Seth Green as her 9-year-old son Milo, who travels to Mars to rescue Cusack, having decided she's not a "broccoli bully" after all. Weirdly,

Green's face is on pint-sized Milo, but not his voice. He's been vocally replaced by a real whiny 11-year-old.

The film isn't a disaster. It has a positive message about family bonding that parents will love and kids may like. But all those mistakes and compromises add up. This Mars doesn't need moms; it needs mojo.

PETER HOWELL

Your Highness

Genre: Fantasy
Director: David Gordon Green
Stars: Danny McBride, Natalie Portman, James Franco

If you've ever wondered how many bad jokes you could make about a severed minotaur penis, Your Highness provides the answer: it's limitless.

This low medieval farce, about a bong-worshipping younger son (Danny McBride) seeking to prove he's as brave as his bro (James Franco),seems more eager to riff on a certain male appendage.

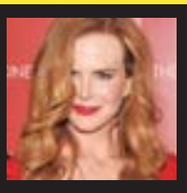
Your Highness may hit the record books for a dubious achievement: the fastest stumble from Oscar glory into a career cow pie. Having just won Best Actress for Black Swan, Natalie Portman now swan dives into a dung heap, while Best Actor nominee Franco manages to look even more stoned than he did as Oscar host.

Extras include alternate and deleted scenes, a gag reel, a making-of featurette and cast and crew commentary.

PETER HOWELL

2 scene

Box office



More than three dozen celebrities, including Nicole Kidman and Robin Williams, athlete Carmelo Anthony and Supreme Court Justice Sonia Sotomayor, are set to appear on the new season of Sesame Street. Sesame Street begins its 42nd season on PBS on Sept. 26. PBS said Monday the focus of the preschool educational series will be on science, math and engineering education. That includes age-appropriate experimentation, including designing a launcher to send Hubert the Human Cannonball over a yard and into a bucket of blue gelatin on the season premiere. Other celebrities set to make cameos include Mark Ruffalo, Sofia Vergara and Seth Rogen.

THE ASSOCIATED PRESS

Glee creators are scaring up an American Horror Story about marriage and infidelity.

Lopez pours her woes into work

Performer keeping busy following split from singer husband Won't have to search far for inspiration with new role in mom-centric movie

ALL PHOTOS GETTY IMAGES

Jennifer Lopez

While her split from Marc Anthony has been "painful," Jennifer Lopez is reportedly feeling good about her decision to end their marriage, according to People magazine.

"She is very relieved to be out of [the marriage], frankly," says a source.

"I don't think she is sitting around crying or wondering if she made the wrong decision."

In fact, far from sitting down, she's off to Atlanta — twins in tow — to film her next project, What to Expect When You're Expecting.

"For her, it's back to business," the source says. "She is all about her career. She's excited to move on." METRO

Jennifer Aniston

Aniston and Theroux act like a Maui-d couple

Jennifer Aniston and her new boyfriend Justin Theroux are living it up in Hawaii leading up to Theroux's 40th birthday tomorrow, according to Us Weekly.

The couple arrived last week and have spent their time shopping, going on lunchtime retreats and attending a party at Ben Stiller and wife Christine Taylor's vacation home.

"When they left the store, Jennifer was massaging Justin's shoulders from behind, and he turned around and said something that made her laugh hysterically," a source says of one of their shopping trips.

"They seemed giddy in love and genuinely happy together." METRO

Quick Dish

He's once, twice, four times a father

BABY BOOM. Ethan Hawke and wife Ryan welcomed a second daughter recently, naming the baby Indiana, according to Us Weekly. They stepped out with the newborn for the first time in New York recently. The couple, who wed in 2008, also have a three-year-old daughter, Clementine, and Ethan has a 13-year-old daughter, Maya, and nine-year-old son, Levon, with ex-wife Uma Thurman. METRO

Mila likes a guy she can giggle with

WHAT A GIRL WANTS. Mila Kunis says what she looks for most in a man is the ability to make her laugh. "Humour is an amazing quality to have," the actress, who dated Macauley Culkin for years and denies rumors about dating Friends with Benefits co-star Justin Timberlake, tells Glamour. "I like sarcasm, satire, self-deprecating humour. But I also think there's something to be said for not looking for anything and being pleasantly surprised." METRO

Celebrity tweets

"Attention: My new birth date is August 14, 1965."
@SteveMartinToGo

"I'm so excited we're getting our own Depression. I always felt jealous of my Granny and all her "Back in the Depression..." stories."
@MarthaPlimpton

"Buy and read a newspaper every day. In print or online, there is information in newspapers you will never get from other media."
@AlecBaldwin

"I would totally dress up like @KatyPerry but I think she looks WAY better in a cupcake bra than I do.."
@therealzooeyd

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3 life

8 glasses a day? No way

Despite what conventional wisdom has told us, one U.K. doctor is saying that there is no evidence drinking water has big health benefits Find out why she argues it is all a myth

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTO

▶ How many glasses of water should you drink every day? Less than you think.

Advice to drink eight glasses of water a day is pure baloney, according to a U.K. physician.

Dr. Margaret McCartney, writing in the British Medical Journal, argues that there is no strong evidence of the benefits of drinking increased amounts of water. Though there may be some situations where people need to drink that much, the idea that we are all at risk for dehydration is a myth promoted by makers of bottled water, she wrote.

McCartney, in this week's BMJ, says there is currently no clear evidence of benefit from drinking increased amounts of water, she says, yet the "we-don't-drink-enough-water" myth has endless advocates, including the NHS.

The NHS Choices website states: "Try to drink about six to eight glasses of water (or other fluids) a day to prevent dehydration," while many schools also feel it appropriate to insist that pupils are accompanied to school by a water bottle.

Other organizations, often with vested interests, reinforce this message, she says. For example, Hydration for Health (created by French food giant Danone — makers of bottled waters including Volvic and Evian) recommends 1.5 to two litres of water daily as "the simplest and healthiest hydration advice you can give." It also claims that "even mild dehydration plays a role in the development of various diseases."

But McCartney argues that there is no high quality published evidence to support these claims.

She points to several studies showing no clear evidence of benefit from drinking increased amounts of water and suggesting there may be unintended harms attached to an enforcement to drink more water.

"It would seem, therefore, that water is not a simple solution to multiple health problems," she writes.

For instance, reports that increased water intake in children can improve concentration and mental performance have not been confirmed by research studies, while data relating water drinking to a reduction in children being overweight are prone to bias.

While there are some conditions that do benefit from drinking increased water, such as in people with recurrent kidney stones, other evidence for preventing disease is conflicting, adds McCartney. In other words, this is a complex situation not easily remedied by telling everyone to drink more.

Untangling the evidence presented by Danone "results in weak and biased selection of evidence," she argues. Danone says we need "informed choices," but their own evidence does not support their call to action.

She concludes: "There are many organisations with vested interests who would like to tell doctors and patients what to do. We should just say no."

Cancer

Health Canada says labels are being changed on finasteride drugs to add safety information on rare reports of breast cancer in men. Finasteride is a prescription drug sold under the brand name Propecia, used for the treatment of male pattern hair loss.

THE CANADIAN PRESS

Canada's fatty new melting pot

CELIA MILNE
LIFE@METRONEWS.CA

ISTOCK PHOTOS

Canada's bad health habits rub off quickly on immigrants.

"When immigrants first arrive in Canada, they are generally in better health than the native-born Canadians. But this health advantage deteriorates as they live in Canada," says Katerina Maximova, assistant professor in the department of epidemiology at the school of public health at the University of Alberta in Edmonton.

Maximova and colleagues collected data on the heights and weights of 6,392 schoolchildren in 24 schools in Montreal over a five-year period. They compared how BMI increased among children born outside Canada, children born in Canada to immigrant parents, and children born in Canada to Canada-born parents.

"What was most interesting is that second generation immigrant children lost their health advantage very quickly, so that their BMI increases with age were similar to those of children of parents born in Canada," Maximova told Metro.

When they arrive in Canada, most immigrants initially settle in low-income, inner-city neighbourhoods, and those are the communities that were included in the study. Unfortunately, such neighbourhoods have higher rates of overweight and obesity.

"As they integrate into Canadian society, they may adopt the unhealthy lifestyles of native-born Canadian that live in low-income, inner-city neighbourhoods, such as low levels of physical activity and poor diet," says Maximova.

Law profs attack practice of guest authorship of medical studies, but is it fraud?

FILE PHOTO/THE ASSOCIATED PRESS

▶ Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken, a group of experts warned this week.

Don't sweat the weather

Sports OK for kids during these muggy, heat wave days However, caution should always trump the will to win: Pediatricians group warns

Playing sports in hot, steamy weather is safe for healthy children and teen athletes, so long as precautions are taken and the drive to win doesn't trump common sense, North America's largest pediatricians group says.

New guidelines from the American Academy of Pediatrics arrive just as school sports ramp up in sultry August temperatures.

The advice, released yesterday, comes a week after two Georgia high school football players died following practices in 35-plus degree heat.

Authorities were investigating if the weather contributed.

The guidelines replace a more restrictive policy based on old thinking that kids were more vulnerable to heat stress than adults.

New research shows that's not true, the academy says.

With adequate training, water intake, time-outs and emergency treatment available on the sidelines, healthy young athletes can play even in high heat and humidity — within reason, the guidelines say.

"The more educated parents, athletes and staff are about risks associated with heat illness, the more likely they will think twice before allowing a competitive culture to overtake sound sensibilities," said Dr. Cynthia Devore, co-author of the policy and a physician for schools in the Rochester, N.Y. area.

U.S. government data released last week showed that more than 3,000 U.S. children and teens younger than 20 received emergency-room treatment for nonfatal heat illness from sports or exercise between 2001 and 2009.

A few young athletes die annually from heat-related illness.

Dr. Michael Bergeron, a University of South Dakota sports medicine specialist, said the new policy is more detailed and nuanced, recommending that athletes be evaluated individually for play in hot weather.

THE ASSOCIATED PRESS

Deaths

By the numbers

Statistics Over a 13 year period, 29 high school football players died from heat stroke, data from the American Football Coaches Association and others show. Football is a special concern, because players often begin intense practice during late-summer heat, wearing uniforms and padding that can be stifling. Experts recommend that team's give kids about two weeks to adapt to preseason sessions, gradually increasing intensity and duration — and that they have have emergency plans with trained personnel and treatment available.

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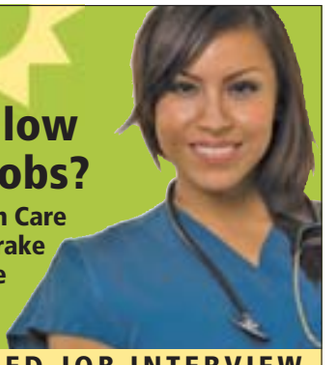
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Fly (don't run) to The Flying Pig in Yaletown

You'll find more than pork at this new spot, which offers classic dishes

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

When John Crook was little, he told his mom that one day, he would open a restaurant and she would never have to cook again. "When pigs fly," she fondly replied.

Two weeks ago, Crook and co-proprietor Erik Heck realized this early vision with the launch of their new Yaletown eatery, suitably named, The Flying Pig. It's a welcome addition to the high-end neighbourhood, which is largely occupied by pricey or chain restaurant dining options.

ERIN IRELAND

▶ Pan Seared Queen Charlotte Halibut ($16).

The 'nouveau Canadian' menu features classic dishes made with as many local ingredients as possible.

I was informed that the Pan Seared Queen Charlotte halibut I ordered had been butchered that very morning.

Served on Chilliwack corn nage — whose spicy, sweet, creamy flavours bonded in the way best friends might — the seasonal snow white fish gleamed with moisture. It was as tender as it appeared.

More tender were the heavenly dough balls (formally referred to as gnocchi) that were pan-fried to absolute perfection.

The Flying Pig
1168 Hamilton St.
theflyingpigvan.com
Client negotiations: Yes
Social lunch: Yes
Quick solo lunch: Yes
Price range: $6 - $16
Rating: 4.5 out of 5

THE CANADIAN PRESS H/O

Parmesan Pie Fries

Preparation:

1. Preheat oven to 200 C (400 F). Remove pie shell from freezer and let thaw at room temperature 10 minutes.
2. In a small bowl, combine garlic powder, Parmesan and parsley; set aside.
3. Remove pie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened with water.
4. Cut out strips that are about 1 by 7.5 cm (1/2 to 3 inches) wide using a fluted pastry cutter and gently place on a parchment-lined baking sheet.
5. Brush lightly with oil and sprinkle with Parmesan mixture. Bake in preheated oven for 12 to 15 minute or until pastry is golden. THE CANADIAN PRESS/ TENDERFLAKE

Ingredients:

- 1 frozen deep-dish pie shell
- 1 ml (1/4 tsp) garlic powder
- 50 ml (1/4 cup) grated Parmesan cheese
- 15 ml (1 tbsp) chopped parsley
- 15 ml (1 tbsp) olive oil

A blend of Canadian flavours

Herbed Maple Marinade and Blueberry Plum Compote combine local ingredients to give pork a delicious taste

Preparation:

1. In a small bowl, combine maple syrup, grainy mustard, garlic, apple cider vinegar, oil, rosemary, coriander, allspice and salt. Pour over pork tenderloin in a resealable plastic bag and refrigerate to marinate for a minimum of 4 hours or overnight.
2. Place pork on greased BBQ grill over medium heat; close cover and cook until thermometer reaches 68 C (155 F), 20 to 25 minutes. Let stand for 5 to 10 minutes or until internal temperature reaches 71 C (160 F).
3. For Blueberry Plum Compote: In small saucepan, bring sugar and water to boil. Add lemon juice and lemon rind; cook for about 5 minutes or until syrupy. Remove from heat. Add ginger, vanilla and allspice; mix well. Mix in blueberries. Refrigerate until ready to serve. Mix plums into compote. Serve over pork tenderloin. THE CANADIAN PRESS/ FOODLAND ONTARIO

Ingredients:

Herbed Maple Marinade
- 500 g (1 lb) pork tenderloin
- 50 ml (1/4 cup) maple syrup
- 50 ml (1/4 cup) grainy mustard
- 2 cloves garlic, minced
- 50 ml (1/4 cup) apple cider vinegar
- 30 ml (2 tbsp) olive or vegetable oil
- 22 ml (1 1/2 tbsp) chopped fresh rosemary
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) each allspice and salt

Blueberry Plum Compote
- 50 ml (1/4 cup) granulated sugar
- 50 ml (1/4 cup) water
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) grated lemon rind
- 5 ml (1 tsp) grated fresh ginger
- 1 ml (1/4 tsp) vanilla
- Pinch allspice
- 125 ml (1/2 cup) blueberries
- 2 yellow plums, pitted and coarsely chopped

THE CANADIAN PRESS H/O

▶ This maple and herb marinade can also be used with salmon, trout or chicken.

Date Night

▶ Who doesn't enjoy a good rock-climbing session?

Ideas for your next date

1 Climb the walls
Strengthen your body and your relationship with a trip to the climbing gym. Talk about a challenge: Not only will you push yourself physically on your way to the top, but you'll also have to take a leap of faith and trust that your (hopefully) strong-armed partner will keep you off the ground. Scared? Don't be. A one-hour training session will get you more than ready for this adventure. For a wall near you, visit indoorclimbing.com.

2 Be a volun-twosome!
Good deeds make great dates. Volunteer together: Serve food at a homeless shelter, teach some arts and crafts at a senior's home or offer your litter-picking-up services to your city or town.

3 Take to the skies
Warning: Only thrill-seekers need apply. Up for some bungee jumping, zip-lining, rappelling or aerobatic gliding for two? Go to trythat.ca or bungee.com to plan a serious night on (or above) the town.

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TREAT MOTHERS EQUALLY

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ISTOCK

▶ Meeting the parents is inevitable.

Hi Mr. Butler:
I've never been a fan of my boyfriends' mothers ... bad luck maybe? I've been seeing someone new for two months now and I'm wondering how long I can avoid meeting his mother. Please say a year or longer!!!
Daddy's Girl

Dear Daddy's Girl,

When I first read your question, I thought that you need to toughen up and go meet your boyfriend's mother soon or else your new man may take offence and you run the risk of losing him. Upon further reflection, however, the answer became clearer to me.

You should meet his mother within a month or so of him meeting yours! It's always prudent to treat mothers equally. Please give your boyfriend's mother a chance; she just may turn out to be the fabulous mother in-law of your future! Ask your new boyfriend to share with you a little about his mother and her interests.

Perhaps this will allow you to find a topic of interest ahead of time so that both of you will begin your relationship on the perfect foot and you can actually enjoy each other's company!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

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MARKET MADNESS

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Feel like you're on a roller coaster with your investments? I definitely did last week when the market plunged due to massive economic uncertainty. Investors are feeling uneasy as whispers of "double dip recession" float through the media stirring up anxious conversation.

I certainly don't want do downplay last week's market losses, but frankly it's unwise to get all hyped up and cash out your portfolio.

That action is counter to the most fundamental investment principle of all time: buy low and sell high.

Stats show that emotional investors, those who hop from investment to investment, return less than four per cent on their portfolios in the long run. Those who take a long-term view on the market and stay invested in quality stocks return upwards of 12 per cent.

Sure, it's natural to get upset when your net worth plummets 20 per cent in a week, but rest assured, economic and stock market cycles (expansion, peaking, retraction and the trough-bottom of the barrel) have occurred many times in the past and people survived.

Why not take advantage of the market volatility and, with the advice of a financial advisor, consider buying investments that have been badly 'beaten down'.

Then, follow in the footsteps of Warren Buffet, and hold on to good stocks for the long term allowing for appreciation and dividends.

My go-to websites when considering any stock purchase are globeinvestor.com and ca.finance.yahoo.com.

Hey big spenders: 'budget' doesn't have to be a terrifying word

Mention the word "budget" to some people and you'll likely be met with cringes and winces, the kind usually seen from dentists' chairs.

It's not very surprising because the perception about making a budget is that it requires us to think carefully about how and where we spend our money.

And most of the time we have no idea.

While it takes discipline to plan and implement a good budget, it doesn't have to be rocket science.

We asked Jean-Rémy Deschênes, business coordinator in the Wealth Management department at Desjardins Group, for advice on how to create an effective plan.

ISTOCK

▶ Want more money? Stick to a plan.

How to get back on track with your money

It's important to remember that the initial process of setting up your budget will require a bit of effort, but it's worth it in the long run.

Keep it simple: Your budget should be straightforward and flexible so it can be easily modified if your income or expenses change.

Set your financial objectives: Your objectives should be realistic, measurable and time-bound. This will help you stick to your budget and to reach your financial goals and projects.

Be realistic and specific about your spending: Go through your credit union, bank or financial institution account statements to identify your spending patterns.

Each expense item will have its own line in your budget, for example housing, groceries, utilities, transportation, investments, retirement savings, entertainment, clothing, etc.

"Try to avoid guessing the amounts that you spend for each budget line. Be honest with yourself and aim to be as exact as possible."

Identify and itemize your bills. Keep in mind that they may not all be monthly expenses, for example insurance premiums come only once a year, so make sure to break them down into monthly amounts.

Try to avoid guessing the amounts that you spend for each budget line.

Be honest with yourself and aim to be as exact as possible.

Stay organized: Save all of your receipts and track them against your budget.

Be prepared: Allow for unplanned expenses like emergencies, occasional expenses like holidays, birthdays and other unforeseeables.

To learn more about creating and sticking to a budget, speak to the manager of your credit union, bank or financial advisor.

Or, for immediate information, templates and calculators visit Desjardins Group at desjardins.com.

NEWS CANADA

Budgeting blues

Some of the key reasons budgets don't work is because the person:

- lacks a clear understanding of their actual financial situation
- is unaware of their actual day-to-day expenditures
- hasn't defined their financial needs, interests, objectives and goals
- has gotten carried away by debt and has allowed their savings to lag

EDITOR'S NOTE:
Alison Griffiths will be back next week with her On Money column.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.

Your money section sponsored by: TD

metro

Early upsets at Rogers Cup

Qualifiers Galina Voskoboeva, Simona Halep win as underdogs ◐ Vancouver's Marino ousted

CHRIS TROTMAN/GETTY IMAGES

▶ Vancouver's Rebecca Marino returns a shot to Russia's Ekaterina Makarova in Toronto yesterday.

Galina Voskoboeva started a trend of upsets on the first day of the women's main draw at the Rogers Cup in Toronto.

The qualifier from Kazakhstan eliminated No. 9 seed Marion Bartoli of France 6-3, 6-3 in first-round action yesterday just hours before 19-year-old Romanian Simona Halep rallied to take out 12th-seeded Svetlana Kuznetsova of Russia 4-6, 6-4, 6-3.

Germany's Julia Goerges followed suit by easily dispatching No. 15 seed Jelena Jankovic with a 6-1, 6-3 victory.

Voskoboeva said going up against a top-10 seed didn't intimidate her.

"I'm pretty confident right now," she said. "I was not that nervous, you know, against who I was playing, so I just knew that I can play good and that's it."

The Canadian contingent lost a member when Rebecca Marino bowed out against Ekaterina Makarova in a tight battle. The 20-year-old from Vancouver was defeated 7-6 (8), 6-4, by the Russian, leaving only three Canadians remaining in the singles draw.

"I didn't come out winning, but I think I did a really good showing for my first time," Marino said.

Marino was bolstered by a crowd of flag-waving supporters as she and Makarova covered the court with long rallies. Marino came back from 5-0 in the first set tiebreaker to make it 6-6 before eventually giving in to the 23-year-old from Moscow.

"I wanted to show some tenacity and fight and I think I did that," said Marino. "I blew (the tiebreaker) but that's in the past and I can't fix it, I just have to look at it as things to learn from."

The second set was equally close with both players hitting the ball tentatively and taking few chances. With Marino down 5-4 and serving, the two went back and forth until Marakova finally won on her fourth match point.

It was Marino's first appearance in the Rogers Cup main draw after three separate attempts in qualifying.

Kuznetsova made 50 unforced errors to lose control of her match and send Halep to the second round in the young qualifier's Rogers Cup debut.

The 55th-ranked Halep, who advanced to the main draw after defeating Toronto's Sharon Fichman in final-round qualifying Sunday, rebounded after dropping the opening set to stun the 15th-ranked Kuznetsova.

The 26-year-old Voskoboeva is ranked 135th in the world and came into the match fresh off a semifinals appearance at the inaugural Baku Cup in Azerbaijan. Her career-best ranking was No. 64 in February 2009.

Bartoli struggled with her serve, giving away four double-fault points, while Voskoboeva capitalized on her opportunities by winning four of her six break points.

Canadian women still scheduled for first-round matches include Aleksandra Wozniak of Blainville, Que., Stephanie Dubois of Laval, Que., and Eugenie Bouchard of Westmount, Que. **THE CANADIAN PRESS**

4 sports

Quoted

"I watched that series ... I'm actually pretty excited to play them because there are a few guys who played a little bit outside of their shoes. I think I can keep most of those guys in check when we play them this year."

CHICAGO FREE-AGENT SIGNING DANIEL CARCILLO YESTERDAY, ON WATCHING THE CANUCKS AND BLACKHAWKS' FIRST-ROUND PLAYOFF SERIES LAST SEASON AND THE PROSPECT OF PLAYING VANCOUVER IN THE FALL.

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MAJOR LEAGUE BASEBALL

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
Boston	71	43	.623	—
New York	69	44	.611	1½
Tampa Bay	60	54	.526	11
Toronto	58	56	.509	13
Baltimore	44	68	.393	26

CENTRAL DIVISION

	W	L	Pct	GB
Detroit	61	53	.535	—
Cleveland	56	56	.500	4
Chicago	56	58	.491	5
Minnesota	51	64	.443	10½
Kansas City	49	66	.426	12½

WEST DIVISION

	W	L	Pct	GB
Texas	65	51	.560	—
Los Angeles	63	52	.548	1½
Oakland	51	63	.447	13
Seattle	49	65	.430	15

Last night's results
Boston 8 Minnesota 6
Chicago White Sox 7 Baltimore 6
Tampa Bay 2 Kansas City 1
Texas 9, Seattle 2
Sunday's results
Toronto 7, Baltimore 2
Oakland 5, Tampa Bay 4, 10 innings
Chicago White Sox 7, Minnesota 0
Kansas City 4, Detroit 3
L.A. Angels 2, Seattle 1
Texas 5, Cleveland 3
Boston 3, N.Y. Yankees 2, 10 innings
Tonight's games
Chicago White Sox (Floyd 9-10) at Baltimore (Jo-.Reyes 5-8), 7:05 p.m.
Detroit (Fister 4-12) at Cleveland (Masterson 9-7), 7:05 p.m.
L.A. Angels (Haren 12-6) at N.Y. Yankees (A.J.Burnett 8-9), 7:05 p.m.
Oakland (Harden 2-2) at Toronto (Cecil 4-4), 7:07 p.m.
Kansas City (Francis 4-11) at Tampa Bay (Shields 10-9), 7:10 p.m.
Seattle (Pineda 9-7) at Texas (Ogando 11-5), 8:05 p.m.
Boston (Bedard 4-7) at Minnesota (Liriano 7-9), 8:10 p.m.
Tomorrow's games
Chicago White Sox at Baltimore, 7:05 p.m.
Detroit at Cleveland, 7:05 p.m.
L.A. Angels at N.Y. Yankees, 7:05 p.m.
Oakland at Toronto, 7:07 p.m.
Kansas City at Tampa Bay, 7:10 p.m.
Seattle at Texas, 8:05 p.m.
Boston at Minnesota, 8:10 p.m.

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Lawrie	11	2	5	1	2	.455
Bautista	362	81	114	33	76	.315
Molina	119	16	36	2	11	.303
Escobar	401	61	121	10	41	.302
Encarnacion	325	46	90	9	29	.277
Lind	349	44	95	19	60	.272
Thames	182	27	48	5	22	.264
Rasmus	41	4	10	1	5	.244
Davis	311	43	74	1	28	.238
McDonald	153	17	36	2	19	.235
Hill	357	36	82	5	40	.230
Arencibia	310	37	67	18	52	.216
Teahen	120	11	24	3	11	.200

PITCHERS	W	L	SV	IP	SO	ERA
Janssen	3	0	1	34.2	32	2.60
Romero	10	9	0	159.0	138	2.94
Perez	1	2	0	36.1	31	3.47
Mills	1	1	0	12.1	10	3.65
Villanueva	6	3	0	97.2	63	4.24
Cecil	4	4	0	70.1	52	4.35
Litsch	4	3	0	51.1	45	4.38
Francisco	1	4	10	34.2	39	4.41
Morrow	8	6	0	119.2	139	4.51
Rauch	4	3	11	47.2	32	4.53
Camp	1	2	1	47.2	21	5.10
Ledezma	0	0	0	3.0	5	9.00
Miller	0	0	0	1.0	1	9.00

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Philadelphia	74	40	.649	—
Atlanta	67	49	.578	8
New York	57	57	.500	17
Washington	55	59	.482	19
Florida	55	60	.478	19½

CENTRAL DIVISION

	W	L	Pct	GB
Milwaukee	65	50	.565	—
St. Louis	62	53	.539	3
Pittsburgh	55	59	.482	9½
Cincinnati	55	60	.478	10
Chicago	49	66	.426	16
Houston	38	77	.330	27

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	53	.543	—
Arizona	62	53	.539	½
Colorado	54	62	.466	9
Los Angeles	52	61	.460	9½
San Diego	51	65	.440	12

Last night's results
Atlanta 8, Florida 5
Colorado 10, Cincinnati 7
N.Y. Mets 9, San Diego 8
Washington at Chicago, ppd., rain
Houston 9, Arizona 1
Philadelphia at L.A. Dodgers
Pittsburgh 5, San Francisco 0
Sunday's results
Atlanta 6, N.Y. Mets 5
St. Louis 8, Florida 4
San Diego 7, Pittsburgh 3
Milwaukee 7, Houston 3
Cincinnati 8, Chicago Cubs 7
Washington 3, Colorado 2
San Francisco 3, Philadelphia 1
Arizona 4, L.A. Dodgers 3
Tonight's games
Atlanta (Beachy 5-2) at Florida (Hensley 1-4), 7:10 p.m.
Colorado (Rogers 5-1) at Cincinnati (Willis 0-1), 7:10 p.m.
San Diego (LeBlanc 0-2) at N.Y. Mets (Capuano 9-10), 7:10 p.m.
Washington (Detwiler 1-1) at Chicago Cubs (R.Lopez 2-3), 8:05 p.m.
Milwaukee (Marcum 10-3) at St. Louis (E.Jackson 1-1), 8:15 p.m.
Houston (Lyles 1-6) at Arizona (Marquis 8-6), 9:40 p.m.
Philadelphia (Cl.Lee 11-7) at L.A. Dodgers (Lilly 7-11), 10:10 p.m.
Pittsburgh (Ja.McDonald 7-5) at San Francisco (Bumgarner 6-11), 10:15 p.m.
Wednesday's Games
Philadelphia at L.A. Dodgers, 3:10 p.m.
Pittsburgh at San Francisco, 3:45 p.m.
Atlanta at Florida, 7:10 p.m.
Colorado at Cincinnati, 7:10 p.m.
San Diego at N.Y. Mets, 7:10 p.m.
Washington at Chicago Cubs, 8:05 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Houston at Arizona, 9:40 p.m.

SUNDAY

BLUE JAYS 7, ORIOLES 2

Toronto	ab	r	h	bi
RDavis lf	5	1	0	0
YEscor ss	5	0	1	0
Bautist rf	5	0	1	2
Lind dh	5	0	0	0
Encrnc 1b	4	2	3	0
Rasms cf	4	1	2	0
Arencii c	4	1	1	2
JMcDnl 2b	4	0	3	2
Lawrie 3b	4	2	2	1
Totals	**40**	**7**	**13**	**7**

Baltimore	ab	r	h	bi
Andino ss	4	0	1	0
Markks rf	3	0	1	0
AdJons cf	4	0	0	0
Guerrr dh	4	0	0	0
MrRynl 1b	3	2	2	2
Reimld lf	3	0	0	0
Tatum c	3	0	0	0
J.Bell 3b	3	0	0	0
Clzturs 2b	1	0	0	0
BDavis 2b	2	0	1	0
Totals	**30**	**2**	**5**	**2**

Toronto	002	301	010	7
Baltimore	000	010	100	2

E—J.Bell (1). DP—Toronto 2. LOB—Toronto 6, Baltimore 2. 2B—Bautista (19), Encarnacion (28), Rasmus (4), Arencibia (13), Jo.McDonald (6), Andino (12), B.Davis (3). HR—Lawrie (1), Mar.Reynolds 2 (26). SB—R.Davis (34). CS—Jo.McDonald (4).

Toronto	IP	H	R	ER	BB	SO
R.Romero W,10-9	8	4	2	2	0	5
Janssen	1	1	0	0	0	1
Baltimore						
Simon L,3-5	5 2-3	10	6	4	0	3
Bergesen	3	3	1	1	0	4
M.Gonzalez	1-3	0	0	0	0	0

HBP—by R.Romero (Markakis).
Umpires—Home, Bob Davidson; First, Lance Barrett; Second, Brian Knight; Third, Jerry Layne.
T—2:25. A—13,824 (45,438).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Columbus	23	9	7	7	24	22	34
Philadelphia	22	8	5	9	27	20	33
Kansas City	23	7	7	9	32	30	30
New York	24	6	6	12	37	33	30
Houston	23	6	7	10	28	28	28
D.C. United	21	6	6	9	29	33	27
New England	23	4	10	9	22	33	21
Toronto	25	3	11	11	24	46	20
Chicago	22	2	7	13	23	30	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Los Angeles	25	13	3	9	35	20	48
Dallas	24	12	6	6	31	24	42
Seattle	24	11	5	8	35	27	41
Colorado	25	9	6	10	35	31	37
Real Salt Lake	21	10	5	6	30	16	36
Chivas USA	23	7	8	8	30	26	29
Portland	22	7	10	5	28	35	26
San Jose	23	5	8	10	25	30	25
Vancouver	23	3	11	9	25	36	18

Note: Three points for a win, one for a tie.
Sunday's result
Vancouver 4 Chicago 2
Saturday's results
Toronto 3 D.C. United 3
Chivas USA 3 New England 2
Houston 1 Philadelphia 1
Los Angeles 3 Dallas 1
Portland 1 San Jose 1
Real Salt Lake 3 New York 0
Seattle 2 Kansas City 1
Saturday, Aug. 13
Chivas USA at Seattle, 4 p.m.
Real Salt Lake at Toronto, 7 p.m.
New England at Columbus, 7:30 p.m.
Vancouver at D.C. United, 7:30 p.m.
Chicago at New York, 7:30 p.m.
FC Dallas at Philadelphia, 8 p.m.
Colorado at San Jose, 10:30 p.m.
Sunday, Aug. 14
Portland at Houston, 9 p.m.

CFL

WEEK SIX

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Winnipeg	6	5	1	0	152	113	10
Montreal	6	4	2	0	195	152	8
Hamilton	6	3	3	0	152	144	6
Toronto	6	1	5	0	128	178	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Edmonton	6	5	1	0	169	127	10
Calgary	6	4	2	0	149	137	8
B.C.	6	1	5	0	150	172	2
Saskatchewan	6	1	5	0	112	184	2

Saturday's result
Calgary 32 Hamilton 20
Friday's results
B.C. 24 Saskatchewan 11
Winnipeg 28 Edmonton 16
Thursday's result
Montreal 36 Toronto 23
WEEK SEVEN
Thursday, Aug. 11
Edmonton at Montreal, 7:30 p.m.
Friday, Aug. 12
Calgary at Saskatchewan, 9 p.m.
Saturday, Aug. 13
Toronto at Hamilton, 7 p.m.
Winnipeg at B.C., 10 p.m.
WEEK EIGHT
Byes: Calgary, Hamilton, Montreal, Winnipeg
Thursday, Aug. 18
Saskatchewan at Toronto, 7:30 p.m.
Friday, Aug. 19
B.C. at Edmonton, 9 p.m.

LEADERS

Unofficial CFL scoring leaders following Saturday's game (x — scored two-point convert):

SCORING

	TD	C	FG	S	Pts
Whyte, Mtl	0	21	15	1	67
Duval, Edm	0	17	13	9	65
Palardy, Wpg	0	12	16	4	64
Medlock, Ham	0	15	14	3	60
McCallum, BC	0	13	15	2	60
Paredes, Cal	0	11	12	4	51
E.Johnson, Sask	0	11	10	5	46
Stala, Ham	6	0	0	0	36
Prefontaine, Tor	0	8	8	0	32
Edwards, Wpg	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
Stamps, Edm	5	0	0	0	30
Bratton, Mtl	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Diedrick, Mtl	4	0	0	0	24
Barnes, Edm	3	0	0	0	18
Brown, BC	3	0	0	0	18
Cates, Sask	3	0	0	0	18
Cobourne, Ham	3	0	0	0	18
Foster, BC	3	0	0	0	18
Green, Mtl	3	0	0	0	18
Porter, Edm	3	0	0	0	18
Richardson, Mtl	3	0	0	0	18
Robertson, BC	3	0	0	0	18
C.Williams, Ham	3	0	0	0	18
Shaw, Tor	0	5	4	1	18
Dressler, Sask	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Jeffers-Harris, Wpg	2	0	0	0	12
Joseph, Edm	2	0	0	0	12
Lemon, Tor	2	0	0	0	12
McPherson, Mtl	2	0	0	0	12
Messam, Edm	2	0	0	0	12
Reynolds, Cal	2	0	0	0	12
Simon, BC	2	0	0	0	12
Whitaker, Mtl	2	0	0	0	12
Banks, BC	1	0	0	0	6
Bishop, Cal	1	0	0	0	6

GOLF

WORLD RANKING

THROUGH AUG. 7

1. Luke Donald	Eng	10.10
2. Lee Westwood	Eng	8.26
3. Martin Kaymer	Ger	7.10
4. Rory McIlroy	NIr	6.98
5. Steve Stricker	USA	6.91
6. Phil Mickelson	USA	5.95
7. Jason Day	Aus	5.81
8. Dustin Johnson	USA	5.63
9. Adam Scott	Aus	5.50
10. Nick Watney	USA	5.28
11. Matt Kuchar	USA	5.21
12. Charl Schwartzel	SAf	5.19
13. Graeme McDowell	NIr	5.04
14. K.J. Choi	Kor	4.73
15. Bubba Watson	USA	4.63
16. Paul Casey	Eng	4.40
17. Ian Poulter	Eng	4.29
18. Kim Kyung-Tae	Kor	3.77
19. David Toms	USA	3.70
20. Robert Karlsson	Swe	3.69
21. Hunter Mahan	USA	3.66
22. Martin Laird	Sco	3.63
23. Francesco Molinari	Ita	3.62
24. Retief Goosen	SAf	3.61
25. Jim Furyk	USA	3.56
26. Alvaro Quiros	Esp	3.49
27. Ernie Els	SAf	3.46
28. Rickie Fowler	USA	3.45
29. Zach Johnson	USA	3.43
30. Tiger Woods	USA	3.43
31. Matteo Manassero	Ita	3.34
32. Miguel Angel Jimenez	Esp	3.33
33. Darren Clarke	NIr	3.25
34. Justin Rose	Eng	3.18
35. Bo Van Pelt	USA	3.10
36. Louis Oosthuizen	SAf	2.99
37. Gary Woodland	USA	2.97
38. Tim Clark	SAf	2.97
39. Y.E. Yang	Kor	2.96
40. Ryo Ishikawa	Jpn	2.95
41. Ryan Moore	USA	2.94
42. Geoff Ogilvy	Aus	2.93
43. Bill Haas	USA	2.91
44. Peter Hanson	Swe	2.88
45. Anders Hansen	Den	2.88
46. Edoardo Molinari	Ita	2.87
47. Brandt Snedeker	USA	2.78
48. Robert Allenby	Aus	2.76
49. Simon Dyson	Eng	2.69
50. Aaron Baddeley	Aus	2.66
51. Sergio Garcia	Esp	2.65
52. Webb Simpson	USA	2.62
53. Jonathan Byrd	USA	2.60
54. Rory Sabbatini	SAf	2.59
55. Ryan Palmer	USA	2.58
56. Fredrik Jacobson	Swe	2.47
57. Lucas Glover	USA	2.47
58. Mark Wilson	USA	2.45
59. Ben Crane	USA	2.39
60. Yuta Ikeda	Jpn	2.29
61. Anthony Kim	USA	2.29
62. Sean O'Hair	USA	2.28
63. Ross Fisher	Eng	2.27
64. Thomas Bjorn	Den	2.23
65. Charley Hoffman	USA	2.19
66. J.B. Holmes	USA	2.18
67. Jeff Overton	USA	2.18
68. Vijay Singh	Fji	2.16
69. Padraig Harrington	Irl	2.16
70. Richard Green	Aus	2.14
71. Alexander Noren	Swe	2.12
72. Steve Marino	USA	2.10
73. Nicolas Colsaerts	Bel	2.07
74. Raphael Jacquelin	Fra	2.05
75. Hiroyuki Fujita	Jpn	2.03

TENNIS

ATP ROGERS CUP

At Montreal
Singles
First Round
Stanislas Wawrinka (14), Switzerland, def. David Nalbandian, Argentina, 6-1, 6-4.
Alexandr Dolgopolov, Ukraine, def. **Erik Chvojka, Montreal,** 6-3, 5-7, 6-4.
Kevin Anderson, South Africa, def. Pablo Andujar, Spain, 6-4, 6-4.
Alex Bogomolov Jr., U.S., def. Adrian Mannarino, France, 6-2, 7-6 (4).
Thomaz Bellucci, Brazil, def. Andrey Golubev, Kazakhstan, 7-5, 7-6 (6).
Ivo Karlovic, Croatia, def. Juan Monaco, Argentina, 6-7 (2), 6-3, 7-6 (5).
Ernests Gulbis, Latvia, def. Juan Carlos Ferrero, Spain, 3-6, 6-1, 7-5.
Ivan Dodig, Croatia, def. Jeremy Chardy, France, 6-3, 6-4.
Nikolav Davydenko, Russia, def. Flavio Cipolla, Italy, 6-3, 6-3.
Marin Cilic, Croatia, def. Andreas Seppi, Italy, 7-5, 6-4.
Juan Martin del Potro (16), Argentina, def. Jarkko Nieminen, Finland, 6-4, 6-0.
Bernard Tomic, Australia, def. Yen-hsun Lu, Taiwan, 7-6 (5), 6-3.
Jo-Wilfred Tsonga (13), France, def. Fabio Fognini, Italy, 6-4, 7-6 (0).
Doubles
First Round
Novak Djokovic and Janko Tipsarevic, Serbia, def. Mark Knowles, Bahamas, and Philipp Petzschner, Germany, 5-7, 6-3, 12-10 tiebreak.
Feliciano Lopez and Fernando Verdasco, Spain, def. Vasek Pospisil, Vernon, B.C., and Adil Shamasdin, Pickering, Ont., 6-4, 6-3.
Tomas Berdych, Czech Republic, and Florian Mayer, Germany, def. Marc Lopez and Rafael Nadal, Spain, 6-3, 7-6 (5).

WTA ROGERS CUP

At Toronto
Singles
First Round
Nadia Petrova, Russia, def. Jarmila Gajdosova, Australia, 6-1, 6-2.
Sam Stosur (10), Australia, def. Ayumi Morita, Japan, 4-6, 6-2, 6-3.
Greta Arn, Hungary, def. Klara Zakopalova, Czech Republic, 6-3, 6-1.
Galina Voskoboeva, Kazakhstan, def. Marion Bartoli (9), Italy, 6-3, 6-3.
Lucie Safarova, Czech Republic, def. Polona Hercog, Slovenia, 6-3, 4-6, 6-3.
Zheng Jie, China, def. Alberta Brianti, Italy, 6-2, 6-1.
Simona Halep, Romania, def. Svetlana Kuznetsova (12), Russia, 4-6, 6-4, 6-3.
Maria Jose Martinez Sanchez, Spain, def. Anastasia Pavlyuchenkova (14), Russia, 3-6, 6-4, 6-1.
Doubles
First Round
Klaudia Jans-Ignacik and Alicja Rosolska, Poland, def. **Sharon Fichman, Toronto,** and **Marie-Eve Pelletier, Repentigny, Que.**, 7-5, 7-5.
Monica Niculescu, Romania, and Shahar Peer, Israel, def. Alla Kudryavtseva, Russia, and Klara Zakopalova, Czech Republic, 3-6, 6-2, 10-6 tiebreak.
Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, def. Eleni Daniilidou, Greece, and Polona Hercog, Slovenia, 2-6, 6-2, 10-4 tiebreak.

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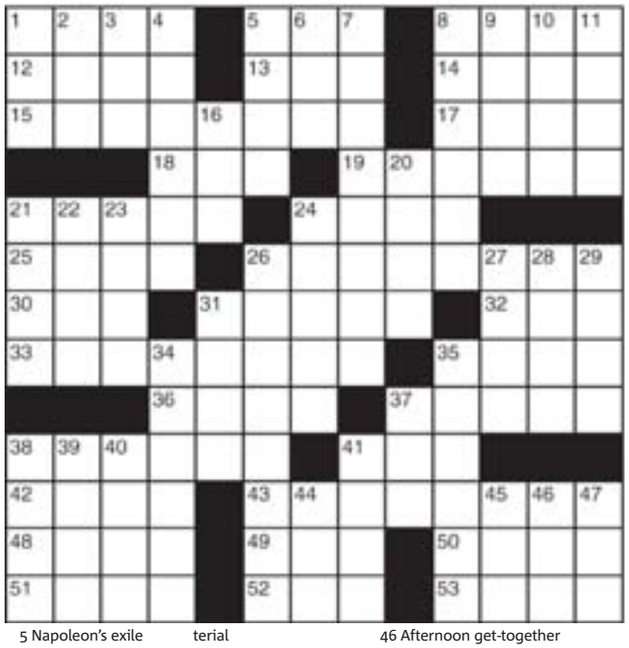
Crossword



Across

1 Pro foe
5 Recede
8 Porridge-making Bear
12 Appear ominously
13 Zodiac cat
14 Couple, to gossipers
15 In all likelihood
17 Optimistic
18 Ms. Lupino
19 — tunnel syndrome
21 Diving bird related to the loon
24 Crazy
25 Exceptional
26 Pajama cover-up
30 Blackbird
31 Crazy
32 Started
33 Germs
35 Ran (from)
36 Gem used in cameos
37 Cecil's pal, on old TV
38 Hole-boring tool
41 Raw mineral
42 Exam format
43 Gymnasts
48 Toy on a string
49 Drag along
50 Stead
51 Soon, in verse
52 Lock opener
53 Verve

Down

1 Matterhorn, e.g.
2 Neither mate
3 Overly
4 Drink
5 Napoleon's exile isle
6 — canto
7 Refuses to do business with
8 Looking glass
9 On
10 Small plateau
11 — nitrate
16 Citric drink
20 Sore
21 Metric measure
22 Hindu princess
23 Attorney General Holder
24 Surgical glove material
26 Cooing, maybe
27 — podrida
28 Existed
29 Vortex
31 Skeleton component
34 Deodorant type
35 Weak
37 Sis' counterpart
38 Painter Francisco
39 Pressing need?
40 BLT spread
41 Mass revelry
44 Pool stick
45 Have a bug
46 Afternoon get-together
47 Major star

▶ Yesterday's answer

Sudoku

		1				8		
	3	9	7		2	4	5	
6	4						2	3
			6	1	4			
				5				
			3	9	8			
7	1						8	6
	6	8	4		1	7	9	
		5				2		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Everything
There are more than a trillion blades of grass and I only LOVE ONE!!! I LOVE you more EVERYDAY!!!!
FROM BLADE OF GRASS

Brim
Like someone told me, I cant wait to see where this house takes us next! Love you B
FROM J SHOOK

Roomie down the Hall 3 Germorda is coming to an end and I never would have guessed I would walk away with so much! No matter how far or in which country we end up next, we will always have 63 and you will always have me. Love you B
FROM ROOMMATE RULE BREAKER

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You will be enthralled by a radical idea, but you must not to act on it immediately.

♉ Taurus April 21-May 21 There is no point making a big issue of something that is really quite trivial.

♊ Gemini May 22-June 21 Aim to do something truly special today.

♋ Cancer June 22-July 22 If you start something new in the short-term it will bring you fame and fortune in the long-term.

♌ Leo July 23-Aug.23 Get out and about and meet new people today.

♍ Virgo Aug. 24- Sept. 22 You don't usually compare yourself to other people, so why start now?

♎ Libra Sept. 23-Oct. 23 The world is full of possibilities, so don't let negative thinking hold you back from experiencing and enjoying what life has to offer.

♏ Scorpio Oct. 24-Nov. 22 Any bad feelings you may be having about something you've said or done must be overcome.

♐ Sagittarius Nov. 23-Dec. 21 Under no circumstances should you back down or tone down your opinions.

♑ Capricorn Dec. 22-Jan. 20 If someone you work with demands that you conform "or else" today tell them to go jump.

♒ Aquarius Jan. 21-Feb. 18 Some people think you are bad. Others think you are mad. Actually you are neither. Be yourself, always.

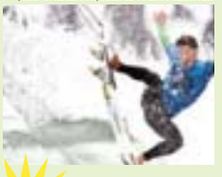
♓ Pisces Feb. 19-March 20. You need to get tough with yourself about your financial situation.

SALLY BROMPTON

Caption contest

PAUL CHIASSON/THE CANADIAN PRESS

JOHN W. ADKISSON/ORANGE COUNTY REGISTER



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